ALFALFA

Date: January 22, 2008

Proper name(s): *Medicago sativa* L. (Fabaceae) (USDA 2008)

Common name(s): Alfalfa, lucerne (BHP 1996; Meyer 1993)

Source material(s): Aerial parts (Boon and Smith 2004; BHP 1996)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

Traditionally used in Herbal Medicine as a nutritive tonic (Meyer 1993; BHP 1983).

Dose(s): Preparations equivalent to 9-30 g dried aerial parts, per day (Mills 1985; BHP 1983)

See Appendix 1 for examples of appropriate dosage preparations and frequencies of use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

Duration of use: No statement required.
Risk information:

Caution(s) and warning(s):
- Consult a health care practitioner prior to use if you are taking blood thinners (Boon and Smith 2004; Brinker 2001).
- Consult a health care practitioner prior to use if you are undergoing hormone replacement therapy (HRT) or taking birth control medication (Barnes et al. 2007; Boon and Smith 2004; Brinker 2001).

Contraindication(s):
- Do not use if you have a history of systemic lupus erythematosus (Barnes et al. 2007; Boon and Smith 2004; Brinker 2001).
- Do not use if you are pregnant or breastfeeding (Brinker 2001).

Known adverse reaction(s): No statement required.

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

References cited:


References reviewed:


Appendix 1: Examples of appropriate dosage preparations and frequencies of use

Dried aerial parts:
   - 5-10 g, 3 times per day (BHP 1983)
   - 3-10 g, 3 times per day (Mills 1985)

Infusion: 5-10 g dried aerial parts, 3 times per day (BHP 1983)

Fluidextract: 5-10 g dried equivalent, 3 times per day (BHP 1983)
   (1:1, 25% alcohol, 5-10 ml)